

# Juice or Fruit Drinks?

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## Why Fruit Juice?

Juice is an easy way to enjoy fruit. Keeping juice on hand is good for your whole family! Here's what juice provides.

- **Vitamin C** to help heal cuts and bruises, fight infection, and use iron from food.
- **Vitamin A** in some juices for healthy eyes and skin.
- **Carbohydrates** for energy. Sugar from fruit is the carbohydrate in 100% juice.

Juice is mostly water. Like you, your child needs enough fluid to stay healthy.

## How Much Juice?

Offer your child enough, but not too much:

**Ages 1 to 6 years:**  
**1/2 to 3/4 cup of juice a day.**





### Go Easy...

Because juice is convenient, it's easy to drink too much of it. Here's why drinking too much juice can be a problem:

- Juice has calories. Too much may give your child more calories than he or she needs. That may contribute to overweight. Go easy for yourself, too!
- If juice replaces milk or calcium-fortified soy beverages, your child may not get enough bone building calcium.
- Sipping juice a lot promotes cavities. Sometimes diarrhea is a problem too.

# Juice or Fruit Drinks?

## Which Would You Buy?

Orange juice, juice drink, or orange soda? Each has a sweet, citrus flavor. Labels can help you choose beverages for your family.

- For nutrition 100% orange juice is the best.
- Juice drinks have some juice and added vitamin C.
- Orange soda is flavored water.

## Labels can help you choose

- Nutrition Facts tell how calories and nutrients differ.
- Ingredients tell what it's made from.

### Orange Juice

100% Juice

Nutrition Facts	
Serving Size 8 FL OZ (249g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 110	
%Daily Value*	
<b>Total Fat</b> 0g	<b>0 %</b>
Saturated Fat 0g	<b>0 %</b>
<b>Cholesterol</b> 0mg	<b>0 %</b>
<b>Sodium</b> 0mg	<b>0 %</b>
<b>Total Carbohydrate</b> 26g	<b>9 %</b>
Dietary Fiber 0g	<b>0 %</b>
Sugars 22g	
<b>Protein</b> 1g	
Vitamin A 0%	Vitamin C 50%
Calcium 2%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet.	

**Ingredients:** Water, concentrated orange juice

### Orange Juice Drink

Made with 5% Juice

Nutrition Facts	
Serving Size 12 FL OZ (240g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 120	
%Daily Value*	
<b>Total Fat</b> 0g	<b>0 %</b>
Saturated Fat 0g	<b>0 %</b>
<b>Cholesterol</b> 0mg	<b>0 %</b>
<b>Sodium</b> 30mg	<b>1 %</b>
<b>Total Carbohydrate</b> 31g	<b>10 %</b>
Dietary Fiber 0g	<b>0 %</b>
Sugars 29g	
<b>Protein</b> 0g	
Vitamin A 0%	Vitamin C 70%
Calcium 0%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet.	

**Ingredients:** Water, high fructose corn syrup, pear juice, citric acid, ascorbic acid, yellow 5, red 40, (other ingredients)

### Orange Soda

Nutrition Facts	
Serving Size 8 fl oz (240g)	
Servings Per Container 1.5	
Amount Per Serving	
<b>Calories</b> 120	
%Daily Value*	
<b>Total Fat</b> 0g	<b>0 %</b>
Saturated Fat 0g	<b>0 %</b>
<b>Cholesterol</b> 0mg	<b>0 %</b>
<b>Sodium</b> 35mg	<b>1 %</b>
<b>Total Carbohydrate</b> 32g	<b>11 %</b>
Dietary Fiber 0g	<b>0 %</b>
Sugars 32g	
<b>Protein</b> 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet.	

**Ingredients:** water, high fructose corn syrup, citric acid, ascorbic acid, yellow 6, red 40, (other ingredients)